

72 QUOTES FROM

JASMINE'S BLOOMS

Sowing Seeds of Enlightenment
A Treasury of Quotes from the Imams

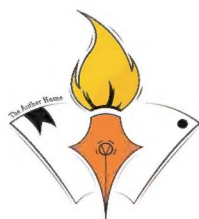


FATEMEH HAGHGOO

72 QUOTES FROM **JASMINE'S BLOOMS**

Sowing Seeds of Enlightenment
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P R E F A C E

In the Name of Allah, the most Gracious, the Most Merciful.
Alhamdulillah, all praise is due to Allah alone, the Lord of the worlds. We seek His blessings and guidance as we embark on this journey of exploring the wisdom and teachings of the Twelve Imams, the blooms of Jasmine [Fatima the daughter of the Holy Prophet Muhammad (peace be upon him and his family)]. This collection of 72 quotes from the Imams serves a beacon of light, illuminating our path towards truth, justice and spiritual enlightenment.

May this compilation serve as a source of inspiration, reflection and transformation. Let us approach these quotes with an open heart and a willingness to learn, for it is through knowledge and understanding that we can attain spiritual growth and draw closer to our Creator. May the light of the Imams, teachings illuminate our souls and guide us on the path of righteousness.

I would like to express my deepest gratitude to Mr. M. J. K. Molai, Chief Researcher, Psychologist, Philosopher and publisher who has contributed to the compilation of this book. His dedication and commitment to preserving and disseminating the wisdom of the Imams have inspired me to embark on a thrilling journey as an author along with having been teaching English for several years .

I also extend my gratefulness for my husband's unwavering support, (Mahdi Mirzaei), in my journey of teaching and writing my book. His love, encouragement, and belief in me have been the pillars that kept me going. I am also immensely grateful to God for the incredible blessings that He has bestowed two amazing sons, Ali and Muhammad, upon us. As I reflect on my journey and achievements I have attained, I want to take a moment to express my heartfelt gratitude to my mother, father and my older brother (Yusuf) in warming my heart and fueling my drive to pursue my goals.

It is my sincere hope that this book will bring you moments of reflection. Thank you for joining me on this literary adventure.

Warmest regards,
[**Fatemeh Haghighi**]

INTRODUCTION

Greetings! I am thrilled to have the opportunity to introduce myself as a certified English teacher, hailing from the vibrant city of Tehran in Iran. With a passion for language and a deep commitment to education, I have dedicated myself to the art of teaching English in various capacities. Allow me to provide you with an insight into my journey and expertise.

Teaching Experience:

For several years, I have had the privilege of teaching a wide range of English courses, including general English, business English, English for travel purposes, speaking skills, and IELTS preparation. Whether it is online or face-to-face instruction, my goal has always been to create a dynamic and engaging learning environment that fosters growth and facilitates language development. Through interactive activities, tailored lesson plans, and a student-centered approach, I strive to inspire and empower my students to achieve their language learning goals.

Authorship and Editorial Contributions:

In addition to my teaching role, I am also an accomplished author, editor, and proofreader. I am proud to be an official member of FIFTANRAY Publication, where I have had the privilege of contributing to various written materials. As an editor, I meticulously ensure the accuracy, clarity, and coherence of texts, while as an author; I bring forth my creativity and language expertise to create captivating and informative content. The written word has always been a passion of mine, and I find great joy in crafting meaningful and impactful materials.

Educational Background and Certifications:

I hold a recognized certification as an English teacher, obtained from a reputable institution, which has equipped me with the necessary knowledge and skills to deliver effective and engaging lessons. Furthermore, I actively engage in professional development activities, attending workshops and conferences to stay up-to-date with the latest methodologies and approaches in language teaching. My continuous pursuit of knowledge and self-improvement allows me to provide my students with the most effective and relevant instruction.

Teaching Philosophy:

As an educator, my teaching philosophy revolves around creating a nurturing and inclusive learning environment, where each student feels valued and supported. I firmly believe in the power of personalized instruction, tailoring my approach to meet the unique needs and learning styles of my students. By incorporating interactive activities, authentic materials, and real-life contexts, I aim to make the language learning journey both enjoyable and practical for my students.

In conclusion, I am a passionate and dedicated certified English teacher from Tehran, Iran, with extensive experience in teaching general English, business English, English for travel purposes, speaking skills, and IELTS preparation. My expertise extends beyond the classroom, as I actively engage in authorship, editing, and proofreading activities. Through my commitment to providing quality education and fostering a love for the English language, I aspire to make a positive impact on the lives of my students.

Thank you for taking the time to learn more about me. I look forward to the opportunity of working together to embark on an exciting language learning journey.

- Fatemeh Haghighoo



Imam Ali

عليه السلام

الحمد لله الذي جعلنا من آل أبي طالب
وآل محمد وآل جعفر



“

Be generous but do not overdo it,
be methodical in life but do not
be scrupulous.



“

بخشنده باش اما زیاده روی نکن ،
در زندگی حسابگر باش اما سخت
گیر مباش.

(نهج البلاغه)



“

A sin that makes you repentant is better than a virtue impelling you to arrogance.



“

گناهی که تو را پشیمان کند بهتر
است از کار نیکی که تو را به خود
پسندی وادارد.

(نهج البلاغه)



“

| When wisdom attains perfection,
utterance lessons.



“

چون عقل کامل گردد، سخن اندک
شود.

(نهج البلاغه)



“

Whoever eats less, his thoughts
will be clear.



“

هرکه خوراکش کم باشد، اندیشه
اش زلال گردد.

(غیرالحکم و دررالکلم)



“

Supreme generosity is that you
could donate in indigence.



“

برترین بخشندگی بخشش در
تنگدستی است.

(غررالحکم و دررالکلم)



“

The worst poverty is lack of wisdom.



“

بزرگترین تهیدستی، کم خردی و
نادانی است.

(غررالحکم و دررالکلم)





Imam *Hassan*

ibn Ali

عليه السلام

الحمد لله الذي جعلنا من آل محمد
وآل علي بن أبي طالب



“

Inferiority is that you do not
express gratitude for blessings.



“

پستی این است که شکر نعمت
نکنی.

(بحار الانوار)



“

Whoever worships God, Allah
makes everything his servant.



“

هرکس خدا را بندگی کند ، خداوند
همه چیز را بنده ی او گرداند.

(تنبيه الخواطر)



“

| Prank destroys charisma.



“

شوخی هیبت را می برد.

(معانی الاخبار)



“

The symbol of brotherhood is
loyalty through thick and thin.



“

نشانه ی برادری ، وفاداری در سختی
و آسایش است.

(بحارالانوار)



“

Blessings are disvalued by the time they are and they are valued as soon as they go away.



“

نعمت ها تا هستند ناشناخته اند و
همین که رفتند شناخته می شوند.

(میزان الحکمه)



“

Whoever counts his benefactions
kills his generosity.



“

هرکه احسان های خود را برشمرد،
بخشنده گی خویش را از بین برده
است.

(نزهه الناظر)





Imam *Husain* *ibn Ali*

عليه السلام

المرضى على محمد رسول الله
والله اعلم بالصواب



“

Do not express your needs to anyone except for one of these three people: either a religious, a virtuous or an honorable person.



“

نیاز و حاجت خود را به کسی اظهار
مکن، مگر به یکی از سه نفر: یا
دیندار، یا جوانمرد یا با شرافت.

(تحف العقول)



“

The most helpless person is
someone who cannot pray.



“

عاجزترین مردم کسی است که
نتواند دعا کند.

(بحار الانوار)



“

Wisdom does not improve unless
with seeking the path of Allah.



“

عقل کامل نشود مگر با پیروی از
حق.

(مستدرک الوسائل)



“

A small-minded person is
someone who avoids saying,
"Hello!"



“

بخیل کسی است که از سلام کردن
بخل ورزد.

(تحف العقول)



“

Extensive and frequent
experiences boost the power of
the mind.



“

تجربه های طولانی و مکرر، نیروی
عقل را افزایش می دهد.

(بحارالانوار)



“

Crying eyes and fear in hearts are
grace given by God.



“

گریستن چشمها و ترسیدن قلبها،
رحمتی از جانب خداست.

(جامع الاخبار)





Imam

Alī ibn Husayn

Zayn al-Abīdīn

عليه السلام

المرضى على محمد وآل محمد عجل آوارهم
وَأَهْلِكَ أَزَاهِ جَحِيمًا



“

When you pray, be as if you were saying the last prayer.



“

هرگاه نماز می گزاری، چنان باش که
گویی نماز آخرین را به جا می آوری.

(بحارالانوار)



“

Never disdain anyone due to
their sin.



“

هرگز کسی را به خاطر گناهش خوار
نکن.

(الخصال)



“

Gaiety and being content with the most arduous divine powers would be of the uppermost degrees of faith and trust.



“

شادمانی و راضی بودن به سخت
ترین مقدرات الهی از عالی ترین
مراتب ایمان و یقین خواهد بود.

(مستدرک الوسائل)



“

Three things would save a devout person:

Preventing his tongue from gossiping about people, being busy with things that are useful for the hereafter and the world, and crying a lot over her sins.



“

سه چیز موجب نجات انسان مومن خواهد بود: نگهداری زبانش از حرف زدن درباره ی مردم و غیبت آنان، مشغول شدنش به خویشتن با کارهایی که برای آخرت و دنیایش مفید باشد و بسیار گریستن بر اشتباهاتش.

(بحارالانوار)



“

The best resolver of difficulties
would be honesty, and loyalty
would be the best terminator.



“

بهترین گشاینده ی کارها راستی و
بهترین پایان برنده ی آن وفاداری
است.

(بحار الانوار)



“

Prayer wards off destined or not
destined calamity.



“

دعا بلای نازل شده و نازل نشده را
دفع می کند.

(اصول کافی)





Imam

Muhammad

Al-Baqir

عليه السلام

المرتب علي محمد رسول الله صلى الله عليه وآله وسلم



“

No one is protected from sins
unless they bite their tongue.



“

هیچ کس از گناهان سالم نمی ماند،
مگر اینکه زبانش را نگه دارد.

(بحار الانوار)



“

Whoever is well-meaning, their
livelihood increases.



“

هرکه خوش نیت باشد، روزی اش
افزایش می یابد.

(بحارالانوار)



“

Say the most pleasing thing
about people that you would like
them to say about you.



“

بهترین چیزی را که دوست دارید
درباره ی شما بگویند، درباره ی مردم
بگویید.

(بحار الانوار)



“

Learn ethical utterances from anyone even if they do not do that.



“

سخن نیک را از هرکسی ، هرچند به
آن عمل نکند، فرا گیرید.

(تحف العقول)



“

Everyone who does what they believe, God teaches them what they do not know.



“

هرکس به آنچه که می داند عمل
کند، خداوند آنچه را که نمی داند به
او خواهد آموخت.

(بحارالانوار)



“

A savant whom people could benefit from his knowledge is better than seven thousand worshippers.



“

دانشمندی که از عملش سود برند
از هفتاد هزار عابد بهتر است.

(تحف العقول)





Imam
Ja'far
al-Sadiq

عليه السلام

المرتب على محمد رسول الله صلى الله عليه وآله
وآله أئمة الهدى



“

| I sought heaven so I found it in
| generosity and chivalry.



“

بهشت را جست و جو نمودم، پس
آن را در بخشندگی و جوانمردی
یافتم.

(مستدرک الوسایل)



“

Three traits belittle an individual's
dignity: envy, gossip, and folly.



“

سه خصلت قدر و منزلت فرد را
پایین می آورد: حسادت، سخن
چینی و نادانی.

(تحف العقول)



“

Three things bring cordiality:
religiosity, humanity, and
generosity.



“

سه چیز محبت آور است: دین
داری، فروتنی، بخشش.

(تحف العقول)



“

I sought the sweetness of
worship, so I found it in leaving
sin.



“

شیرینی عبادت را جستجو نمودم،
پس آن را در ترک گناه یافتم.

(مستدرک الوسائل)



“

The most beneficial things for a human being are to admit his shortcomings before dealing with the faults of others.



“

سودمندترین چیزها برای آدمی
توجه به عیوب خود پیش از
پرداختن به عیوب مردم است.

(مشکات الانوار)



“

No ignorance is more detrimental
than arrogance.



“

هیچ جهلی زیانبارتر از خودپسندی
نیست.

(الاختصاص)





Imam *Musa*

ibn Ja'far al-Kazim

عليه السلام

المرضى على محمد رسول الله
والله اعلم بالصواب



“

Refrain from pranks because they obliterate your spiritual effect.



“

از شوخی خودداری کن زیرا شوخی
جلوه‌ی معنوی تورا می‌زداید.

(بحارالانوار)



“

The uppermost thing by which a person approaches God after knowing him is prayer, being good to parents, leaving envy, arrogance, and bragging.



“

بهترین چیزیکه بوسیله ی آن بنده به
خدا تقرب می جوید بعد از شناختن
او، نماز، نیکی به پدر و مادر و ترک
حسد، خودبینی و به خود بالیدن
است.

(تحت العقول)



“

A devout person is like a balance;
the more the faith gets, the more
his calamity is.



“

مومن همانند دو کفه ی ترازوست،
هرگاه به ایمانش افزوده گردد، به
بلايش افزوده گردد.

(تحف العقول)



“

Helping the helpless is one of the best charities.



“

کمک کردن به ناتوان از بهترین
صدقه است.

(تحف العقول)



“

| The cursed person is the one
| gossiping about his brother.



“

ملعون کسی است که از برادرش
غیبت کند.

(بحار الانوار)



“

| Anger is the key to any badness.



“

خشم کلید هر بدی است.

(بحار الانوار)





Imam *Ali* *al-Ridha*

عليه السلام

المرضى على محمد رسول الله
والله اعلم بالصواب



“

Everyone's friend is his wisdom,
and his enemy is his ignorance.



“

دوست هرکس عقل او و دشمنش
جهل اوست.

(تحف العقول)



“

Whoever relieves the distress and trouble of a devout person, God eliminates his heartache in the hereafter.



“

هرکس اندوه و مشکلی را از مومنی
برطرف نماید، خداوند در روز قیامت
اندوه را از قلبش برطرف سازد.

(اصول کافی)



“

| Do not fear anyone except God.



“

جز خدا از کسی نترسید.

(تحف العقول)



“

Quran is the divine tight rope and it is God's firm and reliable thread among humans.



“

قرآن ریسمان محکم الهی و رشته
استوار و مطمئن او در میان بندگان
است.

(بحارالانوار)



“

When a devout person rages, his
fury does not deflect him from
the divine right path.



“

مومن هرگاه خشمگین شود،
خشمش او را از مسیر حق منحرف
نمی سازد.

(بحارالانوار)



“

There is no peace of mind for the ungenerous and no pleasure for the jealous.



“

خسپس را آسایشی و حسود را
لذتی نیست.

(تحف العقول)





Imam
Muhammad
ibn Ali al-Jawad

عليه السلام

الهمزة على مكي ساد وال محمد وعلمهم



“

| Health is God's best gift.



“

عافیت بہترین بخشش الہی است.

(بحار الانوار)



“

| The dignity of a devout person is
| his independence from people.



“

عزت مومن بی نیازی او از مردم
است.

(مستدرک الوسائل)



“

| Lust is due to the frailty of faith.



“

شهوت ها ناشی از ضعف و زبونی
دل است.

(صحیفه امام جواد)



“

| Anything like heterodoxy has not annihilated religion.



“

دین را چیزی مانند بدعت ها از بین
نبرده است.

(الفصول المهمه)



“

| Correctitude is the apex of a faithful person's list of actions.



“

حسن خلق، در راس نامه ی اعمال
مومن است.

(جامع الاخبار)



“

Whoever advises his brother confidentially has graced him and if he does that overtly, he has dishonored him.



“

هرکس پنهانی برادرش را نصیحت
کند، او را آراسته است و اگر آشکارا
چنین کند، وی را زشت گردانده
است.

(بحار الانوار)





Imam *Ali* *Ibn Muhammad*

عليه السلام

الحمد لله الذي جعلنا من آل محمد
وآل علي بن أبي طالب



“

Parents' displeasure leads to little sustenance and humiliates a person.



“

نارضایتی پدر و مادر کمی روزی را به
دنبال دارد و آدمی را به ذلت می
کشاند.

(بحار الانوار)



“

Whoever is steadfast through
godliness, the world's hardships
are light on him even if his life
falls apart.



“

هر که بر طریق خداپرستی محکم و
استوار باشد، مصائب دنیا بر وی
سبک آید، گرچه تکه تکه شود.

(تحف العقول)



“

Arrogance is an obstacle to education and leads humans to contempt and folly.



“

خودپسندی مانع تحصیل علم است
و انسان را به سوی نادانی و خواری
می کشاند.

(بحارالانوار)



“

Deriding and jokes in poor taste are due to stupidity and are the action of mindless people.



“

مسخره کردن و شوخی های بی مورد
از بی خردی است و کار انسان های
نادان می باشد.

(الدرة الباهرة)



“

| A silly is the slave of his tongue.



“

نادان اسير زبان خویش است.
(الدرّة الباهرة)



“

| Rage at inferiors is a result of
| lowliness.



“

خشم بر زيردستان از پستی است.

(بحار الانوار)





Imam
Hasan
al-Askari

عليه السلام

الحمد لله الذي جعلنا من آل محمد
والعليين



“

Worship is not going overboard with praying and fasting, but worship is reflecting on God's infinite power in various matters.



“

عبادت در زیاد انجام دادن نماز و
روزه نیست، بلکه عبادت تفکر و
اندیشه در قدرت بی انتهای خداوند
در امور مختلف می باشد.

(تحف العقول)



“

| Untimely laughter is due to
| frivolity.



“

خنده ی بی جا از نادانی است.

(تحف العقول)



“

| A fool's heart is in his mouth and
| sapient's mouth is in his heart.



“

قلب احمق در دهان او و دهان
حکیم در قلب اوست.

(بحار الانوار)



“

| Humility and modesty are blessings which should not be envied.



“

تواضع و فروتنی نعمتی است که
بر آن حسد نبرند.

(تحف العقول)



“

Giving a cheer in the presence of a distraught person is due to discourtesy.



“

اظهار شادی نزد غمدیده از بی ادبی
است.

(تحف العقول)



“

The best of your brothers is the one who overlooks your fault and reminds your benevolence.



“

بهترین برادران تو کسی است که
خطایت را نادیده گیرد و احسانت را
یادآور شود.

(بحار الانوار)





Imam *Mahdi*

عليه السلام

الهم صلي على محمد وآله عجل فرجه
وآله عجل فرجه



“

| Nothing like prayer would
| castigate Satan.



“

هیچ چیز مانند نماز، بینی شیطان را
به خاک نمی سپارد.

(وسائل الشیعه)



“

My existence breeds safety and welfare for earthlings, just as the stars are the reason for the security of the sky.



“

وجود من برای اهل زمین، سبب امن
و آسایش است همچنان که ستارگان
سبب امان آسمانند.

(بحارالانوار)



“

I am the last testament of the Prophet of God and calamities and seditions will be averted from my Shiites through me.



“

من آخرین وصی پیغمبر خدا هستم
و بوسیله ی من بلاها و فتنه ها از
شیعیانم دفع و برطرف خواهد شد.

(کمال الدین)



“

I am God's reserve on earth and
the avenger of his enemies.



“

من ذخیره ی خدا در زمین و انتقام
گیرنده ی دشمنانش هستم.

(کمال الدین)



“

| Do not ask what does not benefit
| you and do not bother to find out
| what they have not asked you.



“

از آنچه برایتان سودی ندارد پرسش
نکنید و خود را برای دانستن آنچه از
شما نخواستہ اند به زحمت
نیندازید.

(کمال الدین)



“

Our knowledge surrounds your learning and nothing from your information remains hidden from us.



“

علم و دانش ما به خبرهای شما
احاطه دارد و چیزی از اخبار شما بر
ما پوشیده نمی ماند.

(بحارالانوار)



Now that you are living and sustainable , perform a valuable action since Allah is merciful and forgiving and you can always seek forgiveness for your mistakes .Allah is merciful and welcomes those who seek his forgiveness embracing them with open arms.All humans will inevitably meet Allah, and there is no ultimate destination beyond this meeting.Starting today,try to plan for the future by managing your finances wisely.

Set aside a portion of your income to donate to those in need helping them solve their problems.Humans will be rewarded for their virtuous deeds that were performed before death ,and they will be held accountable for their actions when they meet Allah.

(Nahj al-Balagha)



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